





# SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE OCTOBER 2012



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Salisbury Steak w/Italian Sauce Rotini w/Tomato & Basil Sauce Brussel Sprouts Club Roll Mixed Fruit	2	Chicken Noodle Soup Onion & Teriyaki Glazed Chicken On Onion Roll Cucumber & Tomato Salad Potato Puffs Saltines Apricots	3	Orange Pineapple Juice Roast Pork A La Orange Sweet Potatoes & Apples Scandinavian Blend Vegetables Rye Bread Chocolate Pudding w/Marshmallows	4	American Chop Suey Spinach Salad w/Cherry Tomatoes/Cucumber Italian Dressing Green Beans Dinner Roll Fresh Fruit	5	Salmon Boat w/Newburg Sauce Rice Pilaf Broccoli Normandy Dinner Roll Pineapple Tidbits & Mandarins
8	<b>CLOSED IN OBSERVANCE OF COLUMBUS DAY!</b>	9	White Bean & Escarole Soup Grande Cheese Ravioli w/Tomato Sauce Garden Salad Italian Vinaigrette Dressing Italian Bread Tropical Fruit	10	Hawaiian Pork Oriental Rice Broccoli Spears 12-Grain Bread Peaches & Pears	11	Corn Chowder Crabby Cake on Multi-Grain Bun Tater Tots Tartar Sauce Carrot Raisin Salad Fresh Fruit	12	Grape Juice Sauerbraten w/Gingersnap Gravy Baked Sweet Potatoes Wax & Green Beans Pumpernickel Bread Apple Strudel Stick
15		Barbeque Pork Ribs Baked Beans Broccoli Cuts Wheat Bread Fruit Cocktail	16	Vegetarian Soup Chicken Parmesan Ziti w/Italian Sauce Italian Green Beans Club Roll Fresh Fruit	17	Butter Crumb Fish Square Chive Mashed Potatoes Tartar Sauce Peas & Diced Carrots 100% Whole Wheat Bread Tropical Fruit	18	<b>NATIONAL PASTA DAY!</b> Apple Juice Italian Baked Chicken w/sauce Parslied Bowties Italian Mixed Vegetables Whole Grain White Bread Apple Blueberry Crisp w/Topping	19
22	Apple Juice Chicken Chow Mein Over Fluffy White Rice Oriental Vegetables 12-Grain Bread Apple Crumb Cake	23	Meatloaf Garlic Smashed Potatoes California Blend Vegetables Oatnut Bread Fresh Fruit	24	Roast Pork w/Vegetable Gravy White & Brown Rice Blend Brussel Sprouts Wheat Dinner Roll Apple Sauce	25	Country Style Vegetable Soup Manicotti w/Italian Meat Sauce Yellow Squash & Zucchini Whole Grain White Bread Pineapple Tidbits	26	Orange Juice Fish Florentine Oven Roasted Potatoes Capri Blend Vegetables Rye Bread Apricots
29	Potato Leek Soup Breaded Pork Steak w/Gravy Baked Potato Prince Edward Vegetables 100% whole Wheat Bread Tropical Fruit	30	Oven Fried Chicken Baked Beans Collard Greens Dinner Roll Sliced pears	31	<b>HAPPY HALLOWEEN!</b> Autumn Soup Mini cheese Burgers Sweet Potato Wedges Corn Cobbetts Mustard/Ketchup/Relish. Frosted Carrot Cake				

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.  
All meals are served with milk, bread and margarine. DONATIONS: \$2.00 (or whatever you can afford)